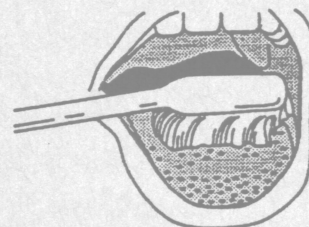
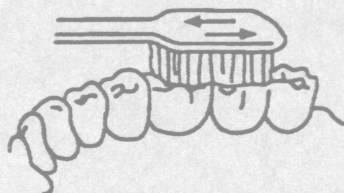
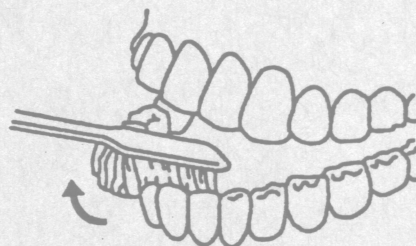
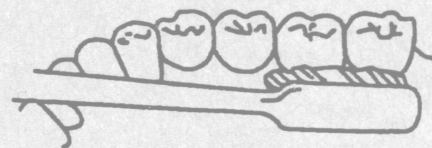
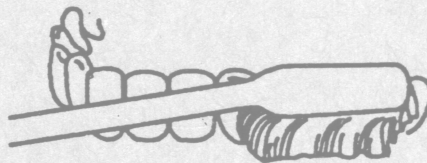
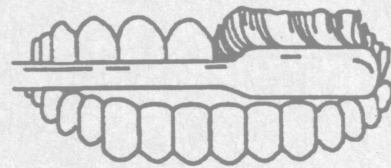
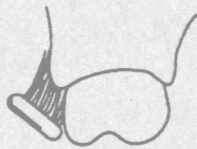


Oral Health Fact Sheet

Brushing Your Child's Teeth

- Teeth should last a lifetime! Tooth decay and gum problems can be avoided by the daily removal of plaque.
- Plaque is made up of germs that live on your teeth, all the time. Plaque should be removed everyday to stop the germs from making acid that can cause tooth decay.
- Home dental care for your child should include: daily toothbrushing with a small toothbrush that is not worn out or frayed, using a small pea-sized dab of fluoride toothpaste.
- **How to brush your child's teeth:**
 - Point the toothbrush bristles toward the gum line.
 - Use short back and forth strokes.
 - Brush the inside, outside, back, front and top of each tooth.
 - Brush the tongue.
 - Help your child brush everyday until around age 8.
 - Floss the teeth. Your dentist can show you how.



Your Child Will Learn From You....Set A Good Example.

* Adapted with permission from Arizona Department of Health Services, Office of Oral Health.